

September 2014

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Fruits and Vegetables

People of all ages can benefit from consuming fruits and vegetables. It is recommended that we get 5 to 9 servings of fruits and vegetables each day. For most of us, this means we need to increase our intake.

Eating fruits and vegetables can help with reducing your risk of many diseases including heart disease, high blood pressure, and some forms of cancer.

Fruits and Vegetables provide us with important nutrients.

- Fiber which helps to keep your colon healthy and control blood sugar and cholesterol.
- Calcium for healthy bones and teeth as well as for normal function of muscles and nerves.
- Folate helps prevent birth defects.
- Iron helps blood and cells function.
- Magnesium is necessary for healthy bones.
- Potassium helps with maintaining healthy blood pressure.
- Vitamin A helps to keep the eyes and skin healthy and protect against infections.
- Vitamin C helps to heal cuts and wounds and keeps teeth and gums healthy.



Fruits and vegetables are nutrient dense which means they are low in calories and high in nutrients. As a result, eating fruits and vegetables can help control body weight. To help control your weight with fruits and vegetables, try substituting some of your usual foods with any of the below to cut calories.

Food Item (plain)	Portion Size	Calories
Apple	Medium	70
Banana	Medium	100
Green Beans	1 cup	40
Blueberries	1 cup	80
Grapes	1 cup	80
Carrots	1 cup	45
Broccoli	1 cup	30

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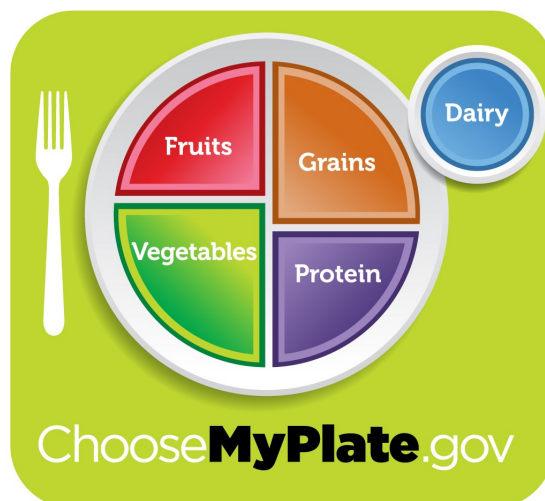
How to tell if you are consuming enough fruits and vegetables?

A simpler way to ensure you are getting enough fruits and vegetables is to use the plate method. Fill half your plate with fruits and vegetables at each meal and you are on your way to getting all the fruits and vegetables you need daily.

Fill your plate for less.

Purchasing fruits and vegetables on a budget can be tough. Following are some tips to make it easier:

- Buy fresh produce when it is in season or on sale;
- Buy frozen or canned;
- Buy larger portions of fruits and vegetables when it is on sale and freeze it for later; and
- Consider signing up for the Commodity Supplemental Food Program or the Senior Farmers Market Nutrition Program. Contact the Kentucky Department for Agriculture at 1-800-327-6568 for either program.



For More Information Visit:

- Fruits and Veggies—More Matters—<http://www.fruitsandveggiesmorematters.org/>
- Centers for Disease Control and Prevention—<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>
- How to Use Fruits and Vegetables to Help Manage Your Weight—http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

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